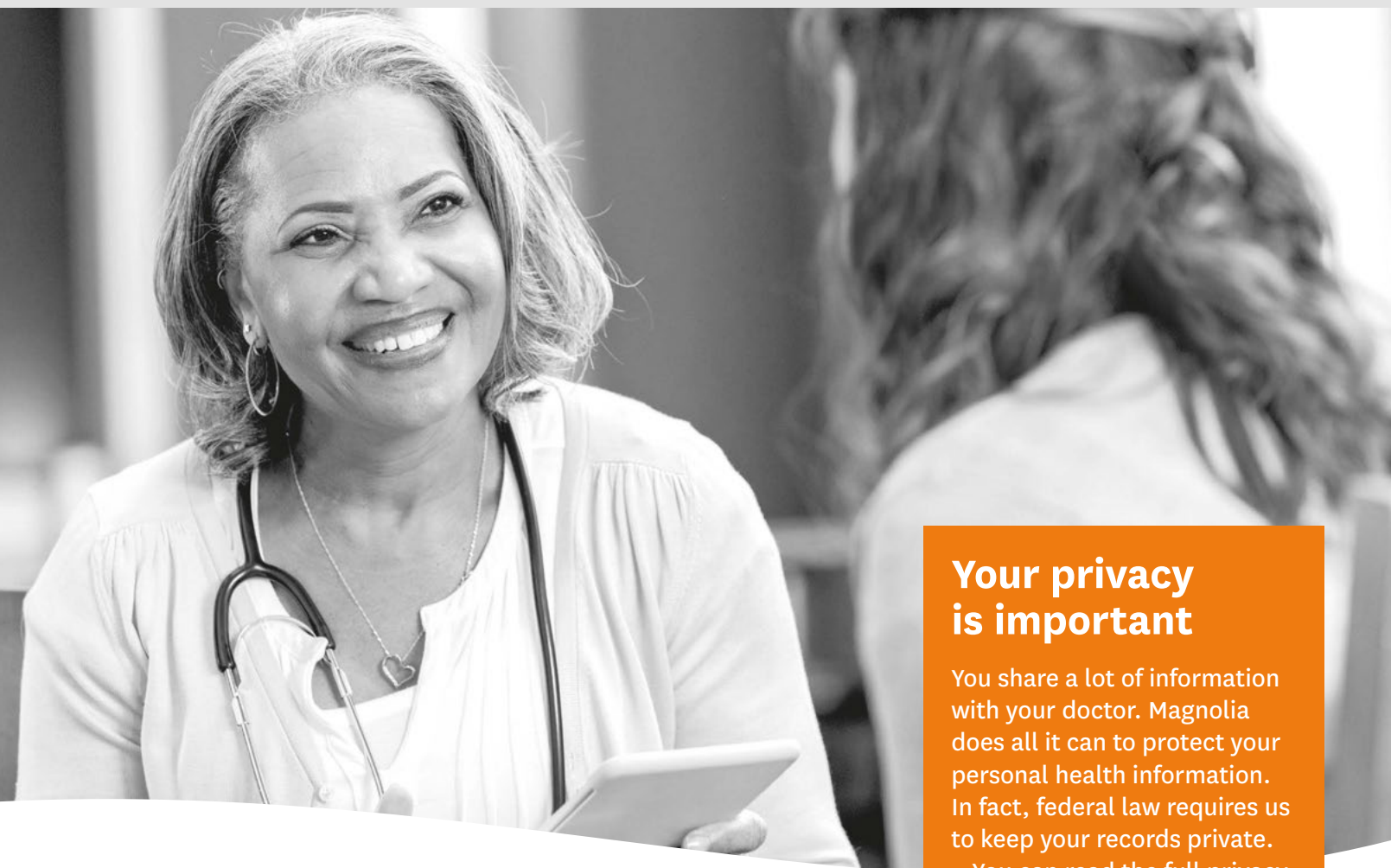


# Healthy Moves



magnolia health™  
magnolia health™  
Mississippi Children's Health Insurance Program



## Your privacy is important

You share a lot of information with your doctor. Magnolia does all it can to protect your personal health information. In fact, federal law requires us to keep your records private.

You can read the full privacy notice in your member handbook or on our website. Or call us at **1-866-912-6285 (Relay 711)**, and we can send you a paper copy.

## Know what's covered

**Magnolia Health (Magnolia) wants you to get the care you need,** when you need it. We make decisions about the care to cover based on:

- If the service is needed
- If the service works well
- If the service is right for you

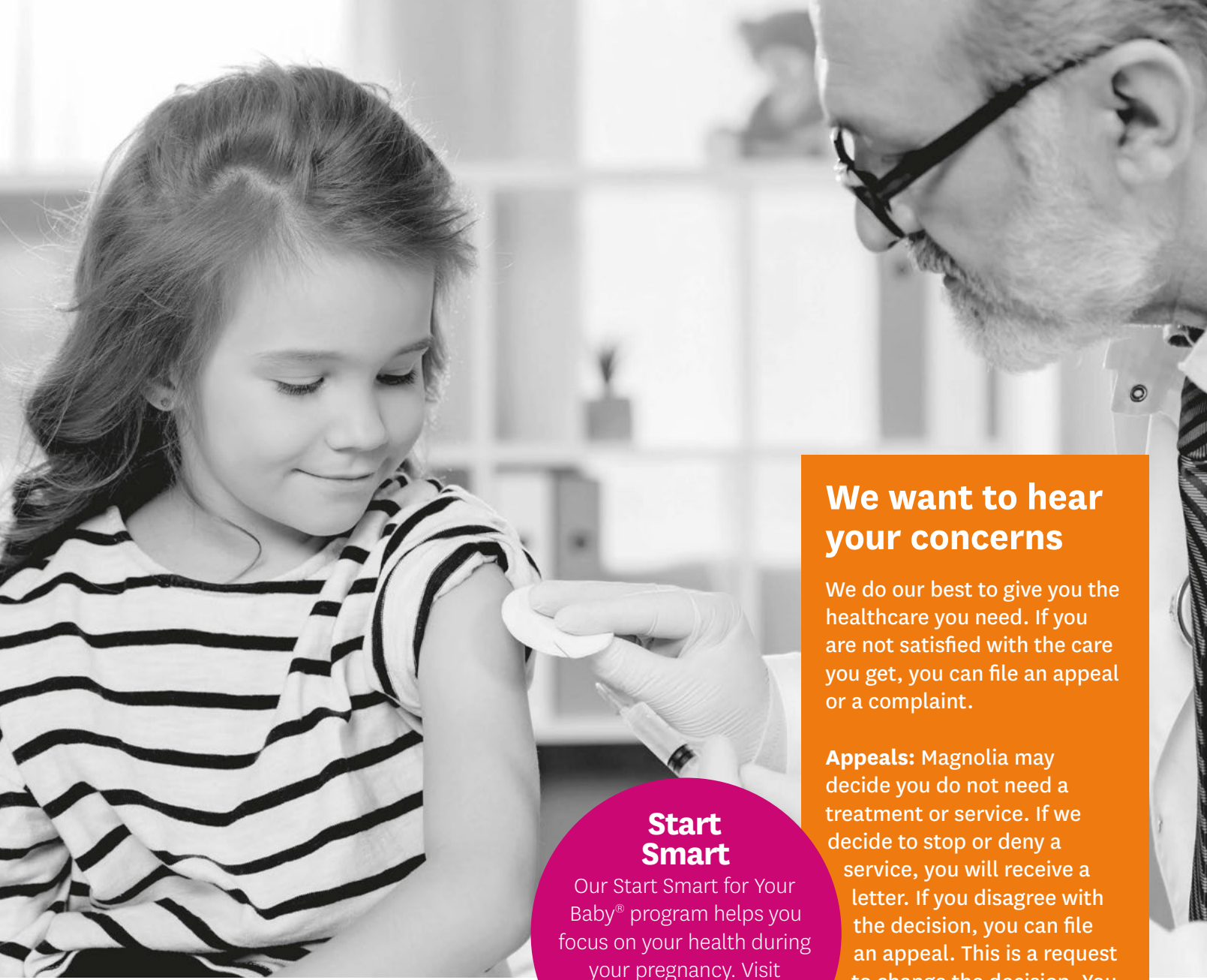
We do not make choices about care based on how much it costs. We also do not reward doctors or staff for saying no to care.

If you have a question about whether a medical service is covered, our Utilization Management (UM) Department can help you. UM may look at your records and talk with your doctor.

Call us at **1-866-912-6285 (Relay 711)**. Do you speak a language other than English? We have translation services to help you.



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## Checking in on vaccines

**Do you have children?** They should get a checkup every year.

Children do not need to be sick to get a checkup. A checkup is a chance for a doctor to make sure your child is healthy. The doctor will check your child's height, weight, vision, hearing and more.

The doctor will also make sure your child is up to date on immunizations. Immunizations deliver vaccines. Vaccines help protect us from illnesses such as measles, polio and even the flu.

Some states require children to have certain vaccines before they start school. You can find out more at [immunize.org/laws](https://www.immunize.org/laws).

Call Magnolia or go to [MagnoliaHealthPlan.com](https://www.MagnoliaHealthPlan.com) to learn more about the vaccines your child needs.

### Start Smart

Our Start Smart for Your Baby® program helps you focus on your health during your pregnancy. Visit [MagnoliaHealthPlan.com](https://www.MagnoliaHealthPlan.com) to learn more.

## We want to hear your concerns

We do our best to give you the healthcare you need. If you are not satisfied with the care you get, you can file an appeal or a complaint.

**Appeals:** Magnolia may decide you do not need a treatment or service. If we decide to stop or deny a service, you will receive a letter. If you disagree with the decision, you can file an appeal. This is a request to change the decision. You can file an appeal by phone, in person or in writing.

**Complaints:** Are you unhappy with care you got, or how you were treated by the plan or a provider? You can file a complaint, also called a grievance.

Appeals and complaints must be sent within certain time frames. Review your member handbook or call Member Services at **1-866-912-6285 (Relay 711)** to learn more.

## What are preventive health guidelines?

Preventive care is care that helps you stay healthy. It can keep you from getting sick. It can find problems early, when they are easier to treat. It includes flu shots, well-child visits, cancer screenings and other types of care.

Preventive health guidelines help members and providers. The guidelines tell providers what tests and treatments members may need. For instance, the guidelines advise providers to check adults for high blood pressure. They say when to give tests for cancer. Guidelines can also help members make healthcare decisions.

Who creates the guidelines? Government bodies and groups such as the American Heart Association. They look at the latest studies to decide if guidelines need to change.

Health plans adopt guidelines based on the health needs of members. Plans also use guidelines to help them meet quality measures.

Magnolia regularly reviews and updates the guidelines it uses. You can learn more about our preventive health guidelines at [MagnoliaHealthPlan.com](http://MagnoliaHealthPlan.com).

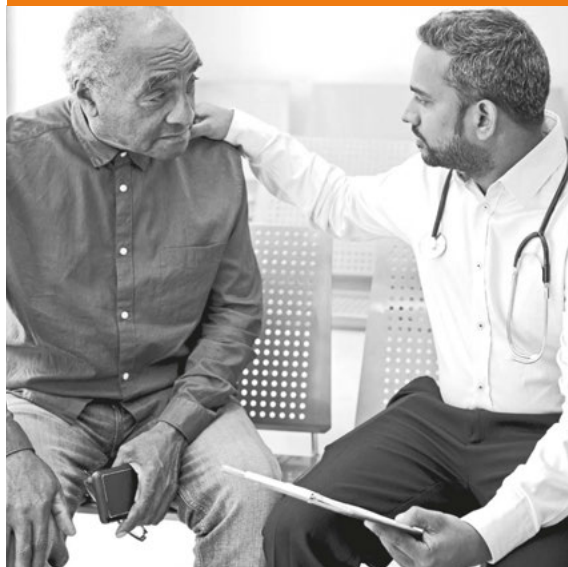


## Taking care of teens

**Is your child a teenager?** He or she will need an adolescent health check every year. Like well-child checkups, these checkups assess teens' weight and general health. But as kids get older, they also need to be checked for more adult issues. These include:

- Tobacco, alcohol and drug use
- Sexually transmitted infections
- Depression
- HIV

To see a chart showing recommended care for children and adolescents, go to [aap.org/en-us/Documents/periodicity\\_schedule.pdf](http://aap.org/en-us/Documents/periodicity_schedule.pdf).







## Lead screening

Lead is a metal once used in paint. In older homes, children may be exposed to lead through paint chips or dust. This can lead to learning and behavior problems. Your child's doctor should check their blood for lead.

Children should be tested for lead exposure at 12 and 24 months old. Children ages 3 through 5 must get a blood lead test if they haven't been tested at a younger age. Talk to your doctor about whether your child needs to be tested.

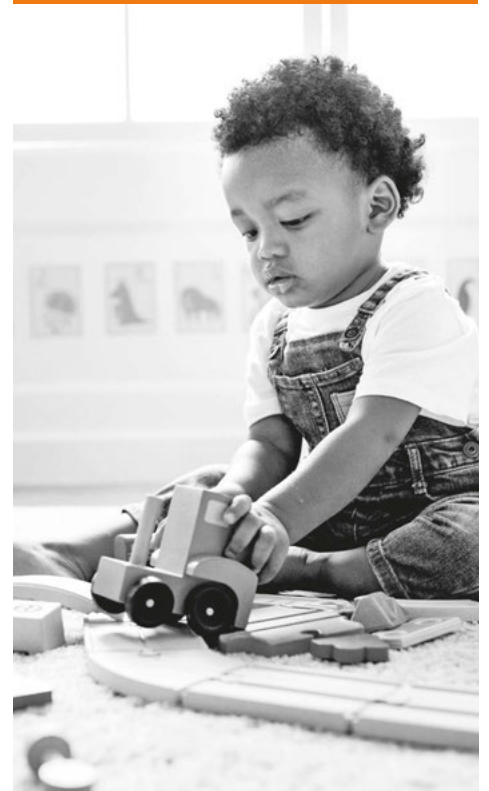
## How can we help you?

**Magnolia can help you in many ways.** We can help you:

- Find a doctor.
- Make health appointments.
- Get a copy of your member handbook.
- Get a ride to your appointments (for members with transportation as a covered benefit). Be sure to call at least 48 hours before your appointment.

You can find us online at **MagnoliaHealthPlan.com**. Our website has information about health and your health plan. We can help you get a paper copy of anything on the website.

Questions? Call Member Services at **1-866-912-6285** (Relay **711**).



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## Statement of Non-Discrimination

Magnolia Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, religion, national origin, age, disability, sex, sexual orientation, gender, or gender identity. Magnolia Health does not exclude people or treat them differently because of race, color, religion, national origin, age, disability, sex, sexual orientation, gender, or gender identity.

### Magnolia Health:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (18 point font or larger print, audio, accessible electronic formats, other formats)
- Provides free language services for those whose primary language is not English, such as:
  - Qualified Interpreters
  - Information written in other languages

If you need these services, contact Magnolia Health at 1-866-912-6285, Relay 711.

If you believe that Magnolia Health has failed to provide these services or discriminated in another way on the basis of race, color, religion, national origin, age, disability, sex, sexual orientation, gender, or gender identity, you can file a grievance with: Appeals Unit/ Appeals Coordinator, 111 E Capitol Street, Suite 500, Jackson, MS 39201, 1-866-912-6285, Relay 711, Fax 1-877-264-6519. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Magnolia Health is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1- 800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

<b>Spanish:</b>	Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Magnolia Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-866-912-6285, Relay 711.
<b>Vietnamese:</b>	Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Magnolia Health, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-866-912-6285, Relay 711.
<b>Chinese:</b>	如果您，或是您正在協助的對象，有關於Magnolia Health方面的問題，您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話，請撥電話1-866-912-6285, Relay 711。
<b>French:</b>	Si vous-même ou une personne que vous aidez avez des questions à propos d’Magnolia Health, vous avez le droit de bénéficier gratuitement d’aide et d’informations dans votre langue. Pour parler à un interprète, appelez le 1-866-912-6285, Relay 711.
<b>Arabic:</b>	إذا كان لديك أو لدى شخص تساعد أسئلة حول Magnolia Health، لديك الحق في الحصول على المساعدة والمعلومات الضرورية بلغتك من دون أية تكلفة. للتحدث مع مترجم اتصل بـ 1-866-912-6285, Relay 711.
<b>Choctaw:</b>	Chim ayalhpísah ihokih Chishno kiyokmat kanah ish apíla ka, Magnolia Health imma ná ponaklo hachim ashah ihokma. Apíla hicha nán annówa ya chim annopa anóli ako hashísha hínah kat. Ahíkachih kiyoh. Annopa tishóli imanópolih chinnakma, holhtina yappa ipayah 1-866-912-6285, Relay 711.
<b>Tagalog:</b>	Kung ikaw, o ang iyong tinutulangan, ay may mga katanungan tungkol sa Magnolia Health, may karapatan ka na makakuha nang tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 1-866-912-6285, Relay 711.
<b>German:</b>	Falls Sie oder jemand, dem Sie helfen, Fragen zu Magnolia Health hat, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-866-912-6285, Relay 711 an.
<b>Korean:</b>	만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Magnolia Health에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-866-912-6285, Relay 711 로 전화하십시오.
<b>Gujarati:</b>	જે તમને અથવા તમે જેમની મદદ કરી રહ્યા હોય તેમને, Magnolia Health વિશે કોઈ પ્રશ્ન હોય તો તમને, કોઈ ખર્ચ વિના તમારી ભાષામાં મદદ અને માહિતી પ્રાપ્ત કરવાનો અધિકાર છે. દુભાષિયા સાથે વાત કરવા 1-866-912-6285, Relay 711 ઉપર કોલ કરો.

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<b>Japanese:</b>	Magnolia Healthについて何かご質問がございましたらご連絡ください。ご希望の言語によるサポートや情報を無料でご提供いたします。通訳が必要な場合は、1-866-912-6285, Relay 711 までお電話ください。
<b>Russian:</b>	В случае возникновения у вас или у лица, которому вы помогаете, каких-либо вопросов о программе страхования Magnolia Health вы имеете право получить бесплатную помощь и информацию на своем родном языке. Чтобы поговорить с переводчиком, позвоните по телефону 1-866-912-6285, Relay 711.
<b>Punjabi:</b>	ਜੇ ਤੁਹਾਡੇ, ਜਾਂ ਤੁਹਾਡੀ ਮਦਦ ਲੈ ਰਹੇ ਕਿਸੇ ਵਿਅਕਤੀ ਦੇ ਮਨ ਵਿਚ Magnolia Health ਦੇ ਬਾਰੇ ਕੋਈ ਸਵਾਲ ਹਨ. ਤਾਂ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਮੁਫਤ ਮਦਦ ਲੈਣ ਦਾ ਪੂਰਾ ਹੱਕ ਹੈ। ਦੁਬਾਸ਼ੀਏ ਨਾਲ ਗੱਲ ਕਰਨ ਲਈ 1-866-912-6285, Relay 711 'ਤੇ ਕਾਲ ਕਰੋ।
<b>Italian:</b>	Se lei, o una persona che lei sta aiutando, avesse domande su Magnolia Health, ha diritto a usufruire gratuitamente di assistenza e informazioni nella sua lingua. Per parlare con un interprete, chiami l'1-866-912-6285, Relay 711.
<b>Hindi:</b>	आप या जिसकी आप मदद कर रहे हैं उनके, Magnolia Health के बारे में कोई सवाल हों, तो आपको बिना किसी खर्च के अपनी भाषा में मदद और जानकारी प्राप्त करने का अधिकार है। किसी दुभाषिये से बात करने के लिए 1-866-912-6285, Relay 711 पर कॉल करें।

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